***“Habits of the Heart”***

**A “Circle of Trust” Retreat Series to Explore the Tensions of Ministry and Life**

**4th Habit: “Personal Voice and Agency”**

Saturday, February 22, 2020: UU Church of Lancaster, Emerson Hall

Rev. Dr. Barbara Coeyman, Credentialed Facilitator, Center for Courage and Renewal: www.couragerenewal.org, videos at <http://www.couragerenewal.org/democracyguide>

**Schedule of Connections**

9:45: Gathering

10:00: Welcome and Overview: “All Welcome Here,” Noel Davis

10:05: Check in with your name and a value to cultivate today, build our altar \

10:10: The Basics of “Courage and Renewal”

1. Touchstones: see summary sheet
2. “Safe Place,” Gilbert Rees
3. “Deep Listening,” John Fox

10: 30: The Basics of “Habits of the Heart”

Intro to *Healing the Heart of Democracy,* Parker Palmer

The Five Habits worksheets: full and summary: review #1, 2, and 3

Habit #4: A Sense of Voce and Agency

Videos of Parker Palmer : #255: A Sense of Voice and Agency

#258: “Rationality”

10:45: Reflection on Personal Voice: “Now I Become Myself,” May Sarton

Group questions

Individual reflection

Triads: Deep listening and speaking using Open and Honest Questions; see handout

Debriefing

*12:00: Lunch*

12:45: “On Becoming Real,” *Velveteen Rabbit*

1:00: Videos of Parker Palmer: #257: “I Believe”

#259: “My Farmer’s Heart”

#264: “Quest for Meaning and Purpose”

1:10: Reflection on Voice and Agency in the Public Sphere: “A Prayer,” Anon.

Group questions

Individual: see worksheet

Deep listening and speaking in groups of 4

Debriefing

2:15: Group Reflection on Agency in your congregation or community:“Hope,” Victoria Stafford

2:45: Closing: “Circle of Firelight”

2:55: Going Out: Gratitudes

Next COT workshop: HOH #5: Capacity to Create Community: March 28